

**CLAIMS:**

1. A mat comprising a plurality of interwoven weft and warp threads, each of said weft and warp threads including inter-twisted first, second, and third plastic yarns.

2. The mat as claimed in Claim 1, wherein each of said first, second, and third plastic yarns includes a hollow member and a plurality of monofilaments formed within said hollow member.

3. The mat as claimed in Claim 1, wherein at least two of said first, second, and third plastic yarns have different colors.

4. The mat as claimed in Claim 3, wherein said first, second, and third plastic yarns have different colors.

5. The mat as claimed in Claim 1, wherein each of said first, second, and third plastic yarns has a circular cross-section.